

Ye Lin Nu said:

"I went to the garden every evening, watering for all vegetable plots and I feel more healthy because of gardening provide good exercise"

Robert Nu said:

"After having a small vegetable garden I do not buy vegetables from the grocery stores and I am sure I could save some for my family needs"

Hau Nu said:

"When my husband started working my Food Stamp amount was cut down, but I can still prepare fresh vegetables for daily meal from my own garden plot"

Evaluation:

One of the priority needs for living in a new environment, access and education to sustainable food systems is one of the most important factors influencing the new life and activities of people. The community vegetable gardening program benefited the families in the following ways:

- (1) **The families have more affordable access to healthy & fresh vegetables.**
- (2) **The housewives feel a purpose and satisfaction in gardening.**

- (3) **The housewives can save some to spend for their family needs.**
- (4) **This program gave the opportunity for involvement in activities outside the Burmese community which in-turn broaden their views and expose them to the world outside their immediate community.**
- (5) **They gain knowledge and experience of gardening in the new environment.**

Conclusion:

The families would like to express the deepest gratitude to Grow Portland and Scott Dawkins, East County Church of Christ and special thanks to Peiru Wang, Laura Wandel, Amy those who went before them and planed for this program to occur. They are very happy and grateful to East Community Garden, East County Church of Christ and all those who arranged and made it possible for them to garden. They hope and look forward to continue with this program and get the opportunity to garden.

**FAITH IS A CONFIDENCE
THAT SOMETHING IS REAL
RESULTING IN ACTION**

ZOMI COMMUNITY GARDEN



Gardening Theme : **FAITH**

**FOOD
ALWAYS
IN THE
HOUSE**

Coordinator for the community,
Mung, G Thang Khan
16116 SE Mill Street
Portland, OR 97233
Cell Ph: 503-995-2502
Email: thangkmung@gmail.com



Introduction

Every year more and more Zomi ethnic groups who lived in the special division of the north western mountain regions of Burma arrived to Portland from Malaysia as refugees. Natively Zomi people practiced shifting agriculture for their living. Due to the mountainous regions and most of the people were farmers in the past life and need to till the garden to grow especially for vegetables. When they arrived to Portland, because of cultural differences and language problem, most of the housewives stay home and feel bored to be in this new environment.

Connections and collaboration:

In March 2010, the Zomi community coordinator took a chance to connect and collaborate with East Community Garden at East County Church of Christ, Gresham; for gardening program sponsored by the Grow Portland. *(a grass roots community gardening program)*

Discussion with the community

The Zomi community housewives who lived in Gresham were happy and excited to hear about the program. Among the interested 30 households submitted the application 10 households were granted gardening plots (15'X15') for 2010 growing one season).

What have the community done:

Starting from June 2010, ten households started growing vegetables on their own plots and especially housewives were happy with similar climate in this new environment they could grow some traditional vegetable seeds which they brought from their home country. The plot size 15'X15' is enough for growing varieties of vegetables adequate for one household's own consumption.



Participation of events:

Harvest Day BBQ party:

On the first week of September, 2010 Garden growers were invited by the host Church to participate at the Harvest Day BBQ party and we have a very wonderful and never to be forgotten party near the garden plots arranged by Mr. Scott Dawkins from the Church.

Market tour:

Ten housewives from the community vegetable garden growers were given opportunity to study very exciting, informing and enjoying market tour to HEFM Farmers market, at Hollywood coordinated by Laura Wandel and Amy Gilroy, Project Manager, Community Health Partnership, Oregon Public Health Institute on the Saturday 18th September 2010.

Voices from community growers:

Since all of the refugee families were depending on Food Stamps to survive as they first arrived in the new environment before getting jobs, this program benefited to some extent for solving part of their problems. The followings were voices from the housewives who grew vegetable gardens.

Lu Lun said:

"I am very happy and satisfied cooking and eating fresh traditional healthy vegetables as in the past native life"